

It's Your Time

Often taking on the role of caregiver—for spouses, children, and parents—women have traditionally placed others before themselves. National Women's Health Week encourages women to put themselves first and focus on their health and well-being. Think of this encouragement as similar to the advice given when traveling by plane: Put on your own oxygen mask before trying to help others.

Make *Your* Health Top Priority

Visit FOH's [Women's Health Week](http://www.foh.hhs.gov/Calendar/nwhw.html) page for more information on monitoring and enhancing your physical and mental health.

First Steps

- Learn which screenings and immunizations you need and at what age. Visit Women's Health.gov for more information on [guidelines for health screenings](http://www.womenshealth.gov/whw/activity-planning/materials/screening-chart.pdf).
- Contact your health care professional to schedule a checkup.
- Discuss which screenings and tests are right for you, when you should have them, and how often.
- Pledge to schedule at least one preventive health screening during May.

Put yourself first. Then you can be at your best.